


COPING POSITIVELY WITH PTSD

Many people who have PTSD deal with their symptoms with alcohol and drugs. Doing that might temporarily help you feel less anxious, but in reality you are just treating one problem with another. Within a very short time you will have two problems: PTSD and a drug or drinking problem, and you will need twice the help to solve them.

Coping successfully with PTSD means being able to make positive choices. It means controlling your PTSD rather than having it control you.

 Here is a list of positive coping techniques that can help people when they have symptoms of PTSD. Rate them from 1 to 10 in order of the ones you are most likely to use.

- | | |
|--|----------------------------|
| _____ Work out or play sports. | _____ Talk to a friend. |
| _____ Talk to a counselor. | _____ Take a long walk. |
| _____ Relax by deep breathing or doing yoga. | _____ Pray or meditate. |
| _____ Listen to relaxing music. | _____ Go for a long drive. |
| _____ Do a hobby. | _____ Read. |

List your top three coping techniques here:

1. _____
2. _____
3. _____



- Make copies of the chart on the following page and keep a record each week for a month.
- When you have a PTSD symptom, write it down.
- Then write down which of your top three techniques you used and what happened.

(Continued on the following page)



- ★ COMMUNITY
- ★ GUIDANCE
- ★ SUPPORT

Day	Symptom	Coping Technique	What Happened
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			